

Milford Senior Center, 105 South 'B' Street, Milford, NE 68405, 402-761-3367

AUGUST 2016 Activities

	Monday		Tuesday		Wednesday		Thursday		Friday
1	Coffee & Sweets-9:30 <i>Water Aerobics</i> <i>10:30 – 11:30</i>	2	Coffee & Sweets – 9:30 <u>Tai Chi</u> Maintenance – 10:00 <u>Cards/Pitch – 12:45 pm</u>	3	Coffee & Sweets-9:30 <u>Wii Bowling- 9:30</u> <i>Water Aerobics</i> <i>10:30 – 11:30</i>	4	Coffee & Sweets – 9:30	5	Coffee & Sweets-9:30 <u>Exercises</u> 9:30 <i>Water Aerobics</i> <i>10:30 – 11:30</i>
8	Coffee & Sweets-9:30 <i>Water Aerobics</i> <i>10:30 – 11:30</i>	9	Coffee & Sweets – 9:30 <u>Tai Chi</u> Maintenance – 10:00 <u>Cards/Pitch – 12:45 pm</u>	10	Coffee & Sweets <u>Wii Bowling- 9:30</u> <i>Water Aerobics</i> <i>10:30 – 11:30</i>	11	Coffee & Sweets -9:30 Brunch @ 11:00 Bingo-11:30a.m. HEARTLAND	12	Coffee & Sweets-9:30 <u>Exercises</u> 9:30
15	Coffee & Sweets 9:30	16	Coffee & Sweets – 9:30 <u>Tai Chi</u> Maintenance – 10:00 <u>Cards/Pitch – 12:45 pm</u>	17	Coffee & Sweets <u>Wii Bowling- 9:30</u> WELLNESS WEDNESDAY Shelly Troyer 12:30	18	Coffee & Sweets -9:30	19	Coffee & Sweets-9:30 <u>Exercises</u> 9:30 POTATO BAKE FUND RAISER 5:00-7:00
22	Coffee & Sweets 9:30	23	Coffee & Sweets – 9:30 <u>Tai Chi</u> Maintenance – 10:00 <u>Cards/Pitch – 12:45 pm</u>	24	Coffee & Sweets-9:30 <u>Wii Bowling- 9:30</u>	25	Coffee & Sweets -9:30	26	Coffee & Sweets-9:30 <u>Exercises</u> 9:30
29	Coffee & Sweets 9:30 BIRTHDAY CELEBRATION John Vosta-Speaker	30	Coffee & Sweets – 9:30 <u>Tai Chi</u> Maintenance – 10:00 <u>Cards/Pitch – 12:45 pm</u>	31	Coffee & Sweets <u>Wii Bowling- 9:30</u>	1	Coffee & Sweets -9:30	2	Coffee & Sweets-9:30 <u>Exercises</u> 9:30